

## CRM LESSON PLAN REPORT

### BODY POSITIONS & MOVEMENTS

071-FRGAB003 / 02.0 ©

Approved  
30 Apr 2018

Effective Date: 30 Apr 2018

#### SCOPE:

During this period of instruction, students will learn to perform, and demonstrate Ground Grappling Positioning and Movements. The student will correctly perform and demonstrate the following dominant body positions, positioning and movements in accordance with TC 3-25.150 and the performance steps in this lesson plan: Rear Mount, Mount, Side Control, Guard, Arm Trap and Roll, Passing the Guard, Achieve the Mount from Side Control, Arm Push and Roll to the Rear Mount, Escape the Rear Mount, Escape the Rear Mount, Shrimp to Guard and Scissors Sweep.

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD1** - This training product has been reviewed by the training developers in coordination with the G2, MCoE Fort Benning, GA. 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

## SECTION I. ADMINISTRATIVE DATA

All Course  
Masters/POIs  
Including This  
Lesson

### Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
None				

### POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
9E-F10/950-F6 (MC)	02.0 ©	Basic Combatives	0	Analysis

Task(s)  
Taught(\*) or  
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced  
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
071-CMD-0045	Interpersonal Relations	No	Yes
071-COM-0011	Team Building	No	Yes
071-OPN-0017	Safety Procedures	No	Yes
805P-K-0102	Muscle Anatomy	No	Yes
K26801	Warrior Ethos	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
805P-S-0115	Follow Army regulatory guidance	No	Yes
071-CMD-0022	Instill Esprit De Corps	No	Yes
071-CMD-0023	Instill Discipline	No	Yes
S1494	Navigate the Army Combat Readiness/Safety Center (USACRC) website	No	Yes
S0411	Ability to practice safety at all times.	No	Yes

Administrative/  
Academic  
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	6 hrs	30 mins	Drill and Practice
Yes	0 hrs	20 mins	Discussion (Small or Large Group)
<hr/>			
Total Hours(50 min):	7 hrs	0 mins	

Instructor  
Action  
Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>		
0 hrs	10 mins	Classroom Breakdown
0 hrs	10 mins	Classroom Setup
0 hrs	20 mins	Facilitate Discussion
0 hrs	10 mins	Student Re-train
<hr/>		
Total Hours (60 min):	0 hrs	50 mins

**Test Lesson(s)**HoursLesson Number VersionLesson Title

None

**Prerequisite Lesson(s)**HoursLesson Number VersionLesson Title

None

**Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

**Foreign Disclosure Restrictions**

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**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

**Student Study Assignment**

Study Assignments are defined:

1. **Study**...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. **Read**...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. **Scan**...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. **Review**...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

You the student are required to read the following pages from TC 3-25.150: pages 3-11 through 3-30, 3-41, 3-42, and 4-62.

**Instructor Requirements**

1. Primary instructor must be a graduate of the Combatives Master Trainer Course (CMTC) and the alternate instructor a Tactical Combatives graduate or a CMTC graduate.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

**Support Personnel Requirements**

Medical support personnel will be Combat Life Saver (CLS) certified at a minimum.

**Additional  
Support  
Personnel  
Requirements**

**Name**

**Student  
Ratio**

**Qty**

**Man  
Hours**

None

**Equipment  
Required  
for Instruction**

**ID - Name**

**Student  
Ratio**

**Instructor  
Ratio**

**Spt**

**Qty**

**Exp**

4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity  
Remarks:

1:36

0:0

No

0

No

4120-01-481-6048 - Cooler, Air, Evaporative  
Remarks: Required if no A/C available indoors.

2:36

0:0

Yes

2

No

4470-01-359-2799 - 1050 Notebook, Special  
Remarks:

1:36

0:0

No

0

No

6515-01-541-8147 -  
SUPPORT,CERVICAL  
Remarks:

1:36

0:0

No

0

No

6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap  
Remarks:

1:36

0:0

No

0

No

6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches  
Remarks:

1:36

0:0

No

0

No

6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch  
Remarks:

6:36

0:0

No

0

No

6545-01-572-9963 - Medical Equipment Set Combat Lifesaver  
Remarks:

2:36

0:0

No

0

No

6645-00-126-0286 - Stopwatch  
Remarks:

6:36

0:0

No

0

No

6685-01-590-1047 - Monitor, Heat Stress: Questemp 44  
Remarks: Rectal Thermometer with covers.

2:36

0:0

No

0

No

6730-01-484-2886 -  
SCREEN,PROJECTION  
Remarks:

0:0

0:0

No

0

6730-01-C15-8387 - Projector Overhead, Portable TY SZ STY : PT-F200U  
Panasonic  
Remarks:

0:0

0:0

No

0

6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700  
Remarks: Required if training indoors.

23:18

0:0

No

0

No

6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring  
Remarks:

0:0

0:0

No

2

No

7210-00-081-1417 - Sheet, Bed Cotton White  
Remarks: Ice Sheets

12:36

0:0

No

0

No

7250-00-089-3827 - Can, Military  
Remarks:

6:36

0:0

No

0

No

7330-00-781-3859 - Jug, Insulated, 5 Gallon  
Remarks: Required if no available water source is within the training area (i.e. water fountain, water buffalo, etc).

6:36

0:0

Yes

6

No

7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc.  
Remarks:

1:36

0:0

No

0

No

8960-01-430-4378 - Ice, 8 Pounds  
Remarks: Ice Sheets

6:36

0:0

Yes

6

No

*(Note: Asterisk before ID indicates a TADSS.)*

**Materials  
Required***Instructor Materials:*

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references.

*Student Materials:*

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references.

**Classroom,  
Training Area,  
and Range  
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Building 933, on Main Post Fort Benning, Ga.	1	0:0	0	0
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: This classroom is located in building 933, Main Post Fort Benning, GA.	1	0:0	0	0

**Ammunition  
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

**NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:**

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
- k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.
- m. use bayonet scabbards or rubber knives during knife disarming training.

**NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.**

**NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.**

**NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position**

**must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.**

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.
2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.
3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
4. Review presentation and develop a list of questions to use during class.
5. Have on hand identified reference material linked to lesson plan.
6. Review and properly prepare conference / discussion material presented.
7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional situations to use during the practical exercise.
9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.
10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.
11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.
12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.
13. Encourage Students to relate their first hand experiences during the activities.
14. Facilitate this lesson using appropriate methodologies.
15. Control group activities using appropriate Instructor techniques.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences.

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate

in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

1. Demonstrate the ability to gain a dominant position.
2. Demonstrate the ability to finish the fight.
3. Apply Basic Combatives Techniques

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate proficiency in mission command philosophy.
4. Soldier and Civilians demonstrate capacity in creative-critical thinking.
5. Soldier and Civilians demonstrate proficiency in communications skills.
6. Soldier and Civilians demonstrate demonstrate proficiency in cultural awareness, cross cultural competencies in the strategic environment of 2025 and beyond.
7. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
8. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
9. Soldier and Civilians support Army Policies, programs, and processes.
10. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
  - a. Group work: tables and semi-private or secluded workspaces
  - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor

C. Create expectation in students that they will participate in learning

1. This is difficult if students have been conditioned to be passive learners
  - a. Be patient and provide guidance and positive reinforcement
  - b. As students succeed they will change their expectations

D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Get all of the students involved
  - a. Use small groups discussing the same idea to include all students



- b. Inattentive students should be redirected back to the group
  - c. Move the discussion around the class
- 2. You don't have to comment on each person's contribution
- 3. Paraphrase: check your understanding and the students
- 4. Redirect an inaccurate or incorrect statement to the class for correction
- 5. Elaborate – suggest a new way, even when the student seems to have answered the question correctly
- 6. Energize – quicken your responses, use appropriate humor
- 7. Disagree (gently) or play devil's advocate
- 8. Mediate differences in opinion
  - a. Mediation is a balancing act; try to keep the discussion going without interjecting yourself as the authority
  - b. Encourage students to back up their statements with facts
  - c. Remind everyone to respect differing opinions
- 9. Pull together ideas
- 10. Allow students to summarize what occurred in the discussion group
- 11. Provide follow-up information for additional study or reading

**Proponent Lesson  
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

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## SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - ICH (1:12)  
Time of Instruction: 10 mins

### Motivator

Instructor will facilitate a brief Soldier's discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldiers on what they are to learn.
3. Explain why the Soldiers need to perform the learning objectives and the consequences of non performance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objectives essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

### Terminal Learning Objective

**NOTE.** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Employ Body Positions and Movement Techniques
Conditions:	In an approved Combatives training environment IAW TC 3-25.150, wearing sterile Army Combat Uniform (ACU)'s and appropriate footwear (if outdoors), utilizing two person teams.
Standards:	At the completion of this lesson, (the students) will have correctly demonstrated proficiency of the following techniques as out in the following Enabling Learning Objectives (ELO)s.  1. Demonstrate Dominant Body Positions  2. Demonstrate Body Movement Techniques
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

### Safety Requirements

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
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**NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be**

**stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.**

**Classroom:**

1. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his findings to Primary Instructor.
3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

**Field / Range:**

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

**Risk Assessment Level**

**Low - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management FM 5-19**

Assessment: None

Controls: None

Leader Actions: None

**Low - See DRA Worksheet DD 2977**

Assessment: See DRA Worksheet DD 2977

Controls: See DRA Worksheet DD 2977

Leader Actions: All Army Instructors will complete a Risk Assessment (DD Form 2977 DELIBERATE RISK ASSESSMENT WORKSHEET, SEP 2014) prior to training and brief Soldiers on identified hazards and required controls.

**Environmental Considerations**

**NOTE:** Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

**Instructional  
Lead-in**

Range Controlling techniques are used to control the enemy and safely gain the advantage. In doing so the you the Soldier should consider the options available: Create space, maintain space or achieve the clinch. After learning these techniques you will know which technique to apply according to the situation in which you may find yourself.

The instructor should consider the following prior and during lesson instruction:

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational. Ensure that there is adequate space between Soldiers during all practical work ( i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.
5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.
6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.
7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

### SECTION III. PRESENTATION

**NOTE:** Inform the students of the Enabling Learning Objective requirements.

#### A. ENABLING LEARNING OBJECTIVE

<b>ACTION:</b>	Demonstrate Dominant Body Position Techniques
<b>CONDITIONS:</b>	In an approved Combatives training environment IAW TC 3-25.150, wearing sterile Army Combat Uniform (ACU)'s and appropriate footwear (if outdoors), utilizing two person teams.
<b>STANDARDS:</b>	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as out in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none"><li>1. Perform Rear Mount</li><li>2. Perform Mount</li><li>3. Perform Side Control</li><li>4. Perform Guard</li></ol>
<b>LEARNING DOMAIN - LEVEL:</b>	Psychomotor - Precision
<b>No JPME LEARNING AREAS SUPPORTED:</b>	None

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. Perform Rear Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper procedures and techniques performing the Rear Mount.
2. Demonstrate the proper procedures and techniques performing the Rear Mount.

**NOTE 1: Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows a Soldier to defeat a stronger enemy combatant.**

#### **1. REAR MOUNT:**

The rear mount gives a Soldier the best control of a confrontation. From this position it is very difficult for an enemy combatant to defend.

- a. Soldier wraps both legs around the enemy combatant's waist, with his/her heels

“hooked” inside the enemy combatant’s legs.

**\*\*\*WARNING: When in the Rear Mount, ensure Soldiers do not cross their feet; this provides an enemy combatant the opportunity to break the Soldier’s ankles.**

**NOTE:** The Rear Mount can be applied while standing up if the enemy combatant “turtles” on the ground that being (all fours facing the ground).

**\*\*\*WARNING: Instructors will ensure that Soldiers do not forcefully jerk or pull their training partners into a seated position from the “turtle” position, as this can cause extensive damage to a person’s knees.**

- b. From behind the enemy combatant, Soldier places one arm under the enemy combatant’s armpit (Under-hook) and the other over their shoulder (Over-hook).
- c. Soldier clasps hand in an opposing thumb grip.

**NOTE 2:** Soldier should keep his/her head tucked towards the arm that is over the enemy combatant’s shoulder (Over-hook) to avoid head butts and elbows to the face.

## **2. TRAINING INSTRUCTIONS**

This body position can be executed while the enemy combatant “turtle” on all fours, but for teaching purposes and so that students can see the techniques more clearly it should be taught from the seated position. When practicing this position the Soldier assuming the role of the enemy combatant should position him/herself in a defensive position using the instructions below:

- a. Soldier sits up straight and posts both feet on the ground so that their legs are bent at 90 degrees.
- b. Soldier reaches up and around their brow, cupping and protecting their opposite side ear with fingers extended and joined.

**NOTE 3:** Ensure that Soldiers “Close the window” by leaving no space between their neck and the same side shoulder that they use to reach around their head. This will protect the carotid artery on that side and make it much harder for an enemy combatant to utilize a blood choke.

**NOTE 4:** Ensure that Soldiers do not position their arm directly over the top of their head, otherwise an enemy combatant can force it behind them and break the arm. Keep the elbow notch in front of the brow to maintain strength and leverage.

- c. Soldier keeps the arm that is not over their head tight against the side of their body and forms a “C-Grip” with the hand, ready to grab the enemy combatant’s wrist if he/she attempts an Under-hook.

Students will immediately drill and practice at the completion of the instructions.

Check on Learning:

Assess the Soldiers developing  
(Skills/Knowledge/Situational Awareness) by observation,  
questions and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if  
lesson objectives/concepts have been covered.

ELO A - LSA 2.      Learning Step / Activity ELO A - LSA 2. Perform the Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security  
Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the techniques and proper procedure performing the Knee Mount.
2. Demonstrate the techniques and proper procedures performing the Knee Mount.

**NOTE: Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows a Soldier to defeat a stronger enemy combatant.**

The mount allows a Soldier to strike an enemy combatant with punches while restricting the enemy combatant's ability to return strikes effectively. The mount also provides the leverage to attack an enemy's upper body with chokes and joint attacks.

1. With the enemy combatant on their back, the Soldier straddles the enemy combatant and positions his/her knees as high as possible toward the enemy combatant's armpits and creates a strong base with half of his/her weight supported by the knees and half of his/her weight resting on the enemy combatant.

**\*\*\*WARNING: Soldier should place their toes in line with or inside of their ankles (Balls of your feet or laces in the dirt) to avoid injuring their ankles if the enemy combatant attempts to roll them over.**

2. Soldier assumes a good fighter stance with their torso:
  - a. Soldier keeps an upright posture in order to control the effective striking range between him/herself and the enemy combatant.



- b. Soldier keeps shoulders rolled forward with elbows tucked into their side.
- c. Soldier keeps hands up either splayed (fingers spread, palm facing enemy combatant) to prevent strikes or in fists to deliver blows.
- d. Soldier keeps chin tucked and keeps their eyes on the horizon in order to scan for other possible threats.

### **TRAINING INSTRUCTIONS**

When practicing this position, the Soldier assuming the role of the enemy combatant should position him/herself in a defensive position using the instructions below:

1. Soldier lies on their back, knees bent at 90 degrees with both feet posted flat on the ground.
2. Soldier pulls elbows tightly into their sides and keeps them on the ground to prevent the enemy combatant from assuming a high mount.
3. Soldier holds head off of the ground to prevent double-impact concussions from strikes to his/her head.
4. Soldier keeps hands up to protect their head.

### **KNEE MOUNT**

The knee mount is a very useful dominant position in most combat situations. This position gives a Soldier control over an enemy combatant while maintain some distance from the combatant and the freedom to either create space or to employ weapons or restraining devices. Once the knee munt has been introduced, its use should be encouraged. In addition to a Dominant Body Position, a Soldier can also use the knee mount to transition between side control and the mount depending on the situation.

**NOTE: Instructor should avoid the “knee across the beltline” when teaching this technique. Many instructors utilize this when demonstrating to ease the discomfort of their training partner during the time it takes to teach the technique. This reinforces bad training habits for the students as they try to ease the discomfort of their own training partners instead of developing a good sense of balance and pressure:**

1. From either side of the enemy combatant, the Soldier places the foot closest to the enemy combatant's hips against the same side hip.
2. Soldier drives the knee that is closest to the enemy combatant into their sternum so that the Soldier is on the ball of his/her foot and the foot “hooks” the enemy combatant's hip.
3. Soldier maintain balance by ensuring that his/her hips are forward and that his/her leg is posted far enough away that the enemy combatant cannot reach it.
4. Soldier maintains an upright posture and uses the hand that is closest to the enemy combatant's hip to pin the enemy combatant's far-side hip to the ground or to secure the enemy combatant's far-side knee notch.
5. With the hand that is farthest from the enemy combatant, the Soldier reaches behind the enemy combatant's neck on the near-side and either secures the collar (thumb

inside collar, knuckles to the mat) or the neck with a thumb-less grip.

6. Soldier applies pressure to the enemy combatant's sternum by pulling up with their arms and torso while driving down his/her knee into the enemy combatant's sternum in the same manner as a deadlift.

Students will immediately drill and practice at the completion of this lesson.

Check on Learning:

Assess the Soldiers developing  
(Skills/Knowledge/Situational Awareness) by observation,  
questions and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if  
lesson objectives/concepts have been covered.

ELO A - LSA 3.      Learning Step / Activity ELO A - LSA 3. Perform Side Control

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security  
Classification of: FOUO – For Official Use Only.

Objective:

1. Understand the proper techniques and procedures in performing Side Control.
2. Demonstrate the proper techniques and procedures in performing Side Control.

Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows a Soldier to defeat a stronger enemy combatant.

Although the side control position is less dominant, it allows a Soldier to hold down an enemy combatant and to inflict damage. Further, side control is the most common position in which a Soldier will find him/herself after the takedown of an enemy combatant to the ground.

1. From one side of the enemy combatant, Soldier lies down on top so that s/he is perpendicular to the enemy combatant and his/her chest is directly on top of the enemy combatant (Rank-to-Rank).
2. Soldier keeps the leg closest to the enemy combatant's head straight out, off the ground and slightly flexed with the weight on the ball of their foot so that they can drive weight into the enemy combatant's chest.
3. Soldier keeps the leg closest to the enemy combatant's hip bent at the knee

pressing into and controlling their hip.

4. Soldier keeps their hips as low to the ground as possible while maintaining pressure on the enemy combatants.

5. Soldier keeps their head turned away from the enemy combatant's knees to avoid knee strikes.

6. Soldiers places their elbow closest to the enemy combatant's head palm-down on the ground in the notch created by the enemy combatant's far-side head and shoulder (neck notch). Soldier positions their other hand palm down on the ground with their elbow against the enemy combatant's far-side hip.

### **TRAINING INSTRUCTIONS**

When practicing this position, the Soldier assuming the role of the enemy combatant should position him/herself in a defensive position using the instructions below:

1. Soldier lies on their back, bends their knee at 90 degrees and posts both feet on the ground.

2. Soldier pulls their elbows tightly into their sides.

3. With the arm closest to the enemy combatant's hips, Soldier creates a "tabletop" by bending at the elbow so that they support the majority of the enemy combatant's weight with their forearm across his/her hips. The Soldier's fingers should be extended and joined with his/her palm facing the sky and they should control the enemy combatant's hip that is closest to your head with a thumb-less grip.

4. With the arm closest to the enemy combatant's head, Soldier obtains an Under Hook by reaching underneath the enemy combatant's arm that controls his/her hips and secures the Latissimus Dorsi (Pull-Up Muscle/Shoulder Blade) with a thumb-less grip.

5. Soldier holds their head off the ground to prevent double-impact concussions from strikes.

Students will immediately drill and practice at the completion of this lesson.

Check on Learning:

Assess the Soldiers developing  
(Skills/Knowledge/Situational Awareness) by observation,  
questions and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if  
lesson objectives/concepts have been covered.

ELO A - LSA 4.      Learning Step / Activity ELO A - LSA 4. Perform the Guard

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Objective:

1. Understand the proper techniques and procedures in performing the Guard.
2. Demonstrate the proper techniques and procedures in performin the Guard.

**NOTE: Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows a Soldier to defeat a stronger enemy combatant.**

The Guard enables a Soldier to defend him/herself from strikes while on their back and to transition off of his/her back in to a more advantageous position. While it is not an ideal position for a Soldier, the Guard allows a Soldier to exercise a certain amount of control over an enemy combatant by pushing or pulling them with his/her legs and hips.

1. Assume a good defensive posture on your back. Soldier keeps elbows tight to torso, hand up and either splayed to defend against strikes or in fists to deliver blows. Soldier keeps chin tucked and head off the ground to prevent double-impact.

**NOTE: Soldier can also use his/her hands to secure the enemy combatant's arm directly above the elbows (triceps) with a thumb-grip.**

2. Soldier locks legs together at the ankles behind the enemy combatant's back so that their legs are around his/her torso.

### TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the enemy combatant should position him/herself using the instructions below:

1. Soldier assumes a good posture by establishing a wide base with their knee, keeping their toes inside of their ankles (Laces in the Dirt) to prevent breaking them in the event of a sweep.
2. With his/her elbows turned inward, Soldier places hands on the enemy combatant's hips with their fingers extended and jointed and facing outward, maintaining a good upright defensive posture.

**\*\*\*WARNING: The Soldier defending against the Guard must keep his toes inside of his ankles (Laces in the Dirt) to prevent breaking them if he is swept.**

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

**CHECK ON LEARNING (ELO A):** Assess the Soldiers developing (Skills/Knowledge/Situational Awareness) by observation, questions and Soldier explanations.

**REVIEW SUMMARY(ELO A):** Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

**B. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Demonstrate Body Movement Techniques
<b>CONDITIONS:</b>	In an approved Combatives training environment IAW TC 3-25.150, wearing sterile Army Combat Uniform (ACU)'s and appropriate footwear (if outdoors), utilizing two person teams.
<b>STANDARDS:</b>	<p>At the completion of this lesson, (the students) will have correctly demonstrated proficiency of the following techniques as out in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none"><li>1. Perform Arm Trap and Roll</li><li>2. Perform Passing the Guard</li><li>3. Perform Achieve the Mount from Side Control</li><li>4. Perform Arm Push and Roll to the Rear Mount</li><li>5. Perform Escape the Rear Mount</li><li>6. Perform Escape the Mount, Shrimp to the Guard</li><li>7. Perform Scissors Sweep</li></ol>
<b>LEARNING DOMAIN - LEVEL:</b>	Psychomotor - Precision
<b>No JPME LEARNING AREAS SUPPORTED:</b>	None

ELO B - LSA 1. Learning Step / Activity ELO B - LSA 1. Perform Arm Trap and Roll

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Arm Trap and Roll.
2. Demonstrate the proper procedures and techniques in performing Arm Trap and Roll.

### **ARM TRAP AND ROLL**

A Soldier applies the arm trap and roll when an enemy combatant secures the mount and invests his/her hands or arms into a choke. The Soldier must remain relaxed and fight for position, but not focus his/her energy on attempting to defeat the submission until s/he establishes a better position. The Soldier should look to secure one of the enemy combatant's arms in order to perform the technique.

**NOTE: Soldiers conduct this technique when they are on their back on the ground and the enemy combatant is on top of them with both knees and feet on the ground near your ribs.**

1. Soldier chooses a side to roll the enemy combatant and traps his/her arm on that side.
2. Soldier places their opposite hand on top of the enemy combatant's wrist on the same side arm that they plan to roll with a thumb less grip.

**NOTE: Make sure Soldiers swim their hand behind the enemy combatant's outstretched arm before they secure their wrist so that the enemy cannot knock the hand away while attempting to secure the wrist.**

3. Soldier secures the enemy combatant's arm with a thumb-grip above his/her elbow with the hand that is on the same side you intend to roll.
4. Soldier plants the foot on the same side as the enemy combatant's trapped arm on the ground outside of the enemy combatant's foot so that they cannot post with that leg and prevent the roll.
5. Soldier aligns their opposite-side knee with the center of the enemy combatant's spine.

**NOTE: The "Grapevine" is a technique that a combatant familiar with some martial arts may utilize while in the Mount position to remove any leverage that the individual underneath them may have to throw them off. The "Grapevine" involves the combatant in the Mount position hooking his/her feet around the inside of the enemy combatant's lower legs.**

**NOTE: If a Soldier is trapped in the Grapevine, the Soldier should straighten out his/her trapped leg and sweep the enemy combatant's leg outward to clear it**

**before attempting to align their knee with the enemy combatant's spine.**

6. Soldier thrusts upward with his/her hips and drives the enemy combatant's head to the ground.
7. Soldier rolls the enemy combatant over to the side that is trapped.
8. Soldier achieves good posture in the guard.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

The instructor should ask the students the following questions:

QUESTION 1: From what position is the arm trap and roll conducted?

ANSWER: When the Soldier is on his/her back on the ground and an enemy is on top of them in the Mount.

QUESTION 2: In the mount, how should the Soldier position his/her feet?

ANSWER: The Soldier should be on the balls of his/her feet or with the laces of their boots in the dirt (Never flat on the ankles).

QUESTION 3: Before rolling on top of the enemy combatant, what must a Soldier first do?

ANSWER: Immediately before the Soldier rolls the enemy combatant, s/he must thrust his/her hips up and attempt to drive the enemy combatant's head to the ground.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO B - LSA 2.      Learning Step / Activity ELO B - LSA 2. Perform Passing the Guard

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Passing the Guard.
2. Demonstrate the proper procedures and techniques in performing Passing the

Guard.

### **PASS THE GUARD**

When locked inside of an enemy combatant's guard, a soldier does not have as many tactical options as s/he does with a more dominant body position. Additionally, an enemy combatant can attack him or her with strikes, attempt submissions, and perform sweeps.

**NOTE 1: Due to the number of steps in this technique, Instructors may find it useful to break the technique into two parts (Steps 1-11, Steps 12-19) so that Students are not overwhelmed.**

1. Soldier assumes a good Guard posture:

a) Soldier assumes an upright posture by establishing a wide base with their knees, keeping their toes inside of their ankles (Laces in the Dirt) to prevent breaking them in the event of a sweep.

b) With his/her elbows turned inward, Soldier places hands on the enemy combatant's hips with their fingers extended and joined and facing outward, maintaining a good upright defensive posture.

**NOTE 2: An Alternate Guard position is for the Soldier to protect his/her face with his/her hands in fists or splayed to prevent punches.**

2. Soldier turns his/her fingers inward and places one on top of the other, aggressively drives his/her hands into the enemy combatant's chin, and presses his/her face into the enemy combatant's sternum.

**NOTE 3: This position exposes only the top and back of the Soldier's helmet to strikes and disorients the enemy combatant with an effective disruptive technique.**

3. Soldier moves his/her arms out to control the enemy combatant's biceps with a thumb-less grip.

**NOTE 4: Never use a thumb grip, as an enemy combatant can possibly break the Soldier's wrist.**

4. Soldier chooses a side to pass the enemy combatant's guard and posts that same side foot on the ground.

**NOTE 5: To facilitate and confusion while teaching this technique, Instructors will designate a "Working Side" for this technique. The "working side" is whichever side that the Soldier chooses to pass the enemy combatant's Guard.**

5. Soldier turns head and eyes in the opposite direction of the working-side to prevent



potential strikes to the face.

6. Soldier releases their working-side grip and drives their working-side hand with a knife edge through the opening between their torso and the enemy combatant's hips.

7. Soldier plants the working side hand on the ground at the base of the enemy combatant's spine with their fingers extended, joined, and pointed in the direction of the enemy combatant's head.

8. Soldier places their working-side knee on the ground and quickly shifts their working-side leg backwards at a 90-degree angle to break the enemy combatant's Guard.

9. Soldier drives their working-side shoulder underneath the enemy combatant's same-side leg and secures the leg with their working-side hand.

10 Soldier brings both knees together at the enemy combatant's tailbone and re-establishes an upright posture by keeping their head above the enemy combatant's knee.

**NOTE 6: An enemy combatant has the leverage to choke a Soldier with his/her legs if the combatant's knee is above the Soldier's head.**

11. Soldier pulls the enemy combatant towards them with the secured leg and arm so that the enemy combatant's waist and lower back are supported by the Soldier's legs.

**NOTE 7: Soldiers can also "walk" their knees underneath the enemy combatant's waist and lower back if they have trouble pulling a larger enemy into them.**

**NOTE 8: To facilitate learning, instructors can have the students visualize this position as a "boat ramp."**

12. Soldier posts his/her working-side foot into the enemy combatant's same-side armpit.

13. Soldier reaches their working-side hand across the enemy combatant's body and secures the enemy combatant's collar on the non-working side with their thumb in the collar, fingers on the outside, and knuckles on the ground.

**NOTE 9: The Soldier's forearm should be across the enemy combatant's throat. Soldier should apply and maintain pressure on the enemy combatant throughout the remainder of this technique.**

14. Soldier drives working-side knee to the ground next to the enemy combatant's ear on the same side.

**NOTE 10: The Soldier's shin should rest on top of the enemy combatant's arm/shoulder.**

15. Soldier rotates his/her body so that s/he is perpendicular to the enemy combatant and the non-working side foot is posted behind the enemy combatant.

**NOTE 11: The Soldier's shin should be in line with the enemy combatant's spine and should support a majority of the enemy combatant's weight to prevent them from falling onto the ground.**

16. Soldier releases the enemy combatant's bicep with their non-working side hand, reaches through the enemy combatant's legs, and secures the enemy combatant's belt-line or waist.

17 Soldier clears his/her head from the enemy combatant's legs.

18. Soldier drives into the enemy combatant's legs and allows the enemy combatant to recoil.

**NOTE 12: Ensure Soldiers maintain tight body contact with the enemy combatant as they transition to Side Control to limit the enemy combatant's ability to escape.**

19. Soldier establishes Side Control.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

The instructor should ask the students the following questions:

QUESTION 1: Which direction must the Soldier face after they establish a "working side" and why?

ANSWER: Soldiers must face away from the working side to avoid strikes to their head.

QUESTION 2: After the Soldier drives the working side knee to the enemy combatant's ear/neck notch, where should their working side shin be located?

ANSWER: The Soldier's working side shin should rest on top of the enemy combatant's arm or shoulder.

QUESTION 3: In what position does the Soldier end after Pass the Guard?

ANSWER: The Soldier ends in Side Control after s/he performs Pass the Guard

Review Summary:

Facilitate brief discussion with students to determine if

lesson objectives/concepts have been covered.

ELO B - LSA 3. Learning Step / Activity ELO B - LSA 3. Perform Achieve Mount from Side Control

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Mount from Side Control.
2. Demonstrate the proper procedures and techniques in performing Mount from Side Control.

### **ACHIEVE THE MOUNT FROM SIDE CONTROL**

While Side Control is an effective Dominant Body Position, a Soldier transitions to the Mount to establish more control over an enemy combatant and in order to better analyze the tactical situation.

1. Soldier begins in Side Control.

**NOTE 1: Reference ELO A, LSA 2 of this lesson plan for the performance steps for proper Side Control.**

2. Soldier secures the enemy combatant's hip on the near side with the hand closest to the enemy combatant's hips by posting the hand on the ground or by grabbing the enemy combatant's clothes/belt at the beltline.

**NOTE 2: Soldiers will look away from the enemy combatant's knees to avoid strikes.**

3. Soldier slides his/her knee closest to the enemy combatant's head to the enemy combatant's near-side hip and posts the opposite foot on the ground away from the enemy combatant.

**NOTE 3: Soldier will use the posted leg to maintain a strong base and to drive weight into the enemy combatant's chest.**

4. Soldier releases the enemy combatant's hips and secures the enemy combatant's legs with the same hand.

5. Soldier either pushes or pulls both of the enemy combatant's legs to create enough space for the Soldier to step over them.
6. Soldier swings his/her posted leg over the enemy combatant's body and places his/her knee and foot on the ground.
7. Soldier utilizes "Cross-Body Mechanics" to maintain a strong base while s/he establishes the Mount.

**NOTE 4: "Cross-Body Mechanics" refers to how a Soldier maintains a base of balance by keeping their center of gravity directly on top of the enemy combatant. Certain Combatives techniques such as sweeps and rolls rely on the Soldier to effectively shift his/her weight or the enemy combatant's weight off-center. In order to prevent an enemy combatant from taking advantage of a weak base of balance, a Soldier keeps his/her body tight against the enemy combatant and shifts the weight of his/her lower body in the opposite direction of his/her upper body as s/he works to establish a dominant position.**

**NOTE 5: The Soldier can take time during Cross-Body Mechanics to "smother" the enemy combatant's face with his/her chest and body armor.**

8. Soldier establishes the Mount.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Instructor should ask the students the following questions:

QUESTION 1: Why is it important to maintain a tight position when transitioning from Side Control to the Mount?

ANSWER: A tight position to the enemy combatant ensures that they do not have enough space to escape during the transition.

QUESTION 2: Why is it important for the Soldier to post his/her outside foot after s/he switches his/her knees?

ANSWER: The Soldier posts the outside foot to maintain a strong base and to prevent the enemy combatant from possibly rolling on top during the transition.

QUESTION 3: What are "Cross-Body Mechanics"?

ANSWER: "Cross-Body Mechanics" refers to how a Soldier maintains a base of balance by keeping their center of

gravity directly on top of the enemy combatant. In order to prevent an enemy combatant from taking advantage of a weak base of balance, a Soldier keeps his/her body tight against the enemy combatant and shifts the weight of his/her lower body in the opposite direction of his/her upper body as s/he works to establish a dominant position.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO B - LSA 4. Learning Step / Activity ELO B - LSA 4. Perform Arm Push, Roll to Rear Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Arm Push, Roll to Rear Mount.
2. Demonstrate the proper procedures and techniques in performing Arm Push, Roll to Rear Mount.

### **ARM PUSH AND ROLL TO THE REAR MOUNT**

A Soldier uses the Arm Push and Roll to the Rear Mount in order to turn an enemy combatant from his/her back to his/her stomach to further improve the tactical options of the Soldier.

**Note 1: Soldiers utilize this technique in the mount when the enemy combatant uses a horizontal block to avoid your strikes.**

1. Soldier begins in the Mount.
2. Soldier targets the arm closest to the top of the enemy's head when the enemy presents a horizontal block and secures the enemy's wrist and elbow with thumbless grips.
3. Soldier pushes the enemy's arm into the ground in the direction of the enemy's fist and pins the arm with his/her body.

**\*\*\*WARNING: When performing this technique, the Soldier's training partner playing the role of the enemy combatant must form a fist with the hand of his/her trapped arm. Further, s/he must be mindful of where the hand and wrist of the trapped arm are located in order to prevent injury.**

4. Soldier releases the enemy combatant's elbow, drives it under the enemy's neck,

and secures the enemy's wrist with a thumbless grip.

5. Soldier secures the enemy's elbow with the opposite hand.

**NOTE 2: Soldiers should maintain body and chest pressure to prevent the enemy combatant from escaping.**

6. Soldier simultaneously pulls the enemy's wrist and pushes the enemy's elbow to roll the enemy into a prone position.

7. Soldier simultaneously drives the enemy's shoulder blades forward and pulls the enemy's trapped arms underneath the enemy's body.

**NOTE 3: Ensure that the Soldier places hand over hand without lacing fingers when s/he pulls the enemy combatant's arms underneath them.**

8. Soldier establishes the Rear Mount.

**\*\*\*WARNING: Ensure that students who attempt to achieve the rear mount do not forcefully pull their training partners from all fours back into a seated rear-mount position as this can cause serious damage to the knees.**

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, questions and Soldier explanations.

Instructor may ask the following questions:

Question 1: For training purposes, how should a Soldier's training partner position his/her hand to prevent injury to the wrist?

ANSWER: The training partner should form his/her hand into a fist and place it flat on the ground to prevent injury during the Arm Push and Roll to Rear Mount.

Question 2: Soldiers will *never* do what to their training partner after they secure the Rear Mount?

ANSWER: Soldiers will never forcefully pull backwards on their training partner as this can cause extensive damage to their knees.

Question 3: What grip does a Soldier use to secure the arm and wrist of an enemy combatant?

ANSWER: Soldiers utilize a thumb-less grip to secure the top arm of an enemy combatant.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Escape Rear Mount.
2. Demonstrate the proper procedures and techniques in performing Escape Rear Mount.

### **ESCAPE THE REAR MOUNT**

When his opponent has assumed the rear mount, the fighter must defend attacks while escaping the position in a timely manner.

**NOTE 1: For demonstration purposes this technique should be taught from the seated position**

1. Soldier begins in Rear Mount Defense.
2. Soldier uses the hand not protecting his/her head to secure the enemy combatant's wrist with a thumb grip and to pull it through when the enemy attempts to establish an underhook.
3. Soldier uses the hand protecting his/her head to establish a "Figure-Four" on the enemy's wrist and traps it.

**NOTE 2: Soldiers secure a "Figure Four" on an enemy combatant's trapped arm/leg by reaching over the top of, around, and underneath the enemy combatant's limb and then securing a thumbless grip on the Soldier's own wrist.**

4. Soldier places back on the ground on the same side of the enemy's trapped arm.
5. Soldier releases the enemy's arm and keeps it trapped underneath the back with his/her body weight.
6. Soldier slides hips past the enemy's legs and prevents the enemy combatant from achieving the mount by using his/her hands to control the enemy's hips and knees.
7. Soldier turns toward the enemy and hooks the back of each of the enemy's knees with his/her feet.
8. Soldier reaches their top hand into the enemy's far side collar or behind the enemy's neck and posts their bottom hand on the ground.
9. Soldier rolls on top of the enemy combatant and establishes the Mount.

**NOTE 3: Instructors should reinforce “Cross-Body Mechanics” and smothering after every transition where it is applicable.**

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, questions and Soldier explanations.

Instructor should ask the following questions:

Question: To which side should the Soldier fall during "Escape the Rear Mount"?

Answer: The Soldier should fall to the same side as the enemy's trapped arm.

Question: What should the Soldier secure immediately before rolling on top of the enemy?

Answer: The Soldier secure the back of the enemy's collar or neck before attempting to roll on top of the enemy.

Question: How far must the Soldier "shoulder Walk" after falling onto the enemy's trapped arm?

Answer: The Soldier must "Shoulder Walk" until his or her hips clear the enemy's lower leg.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO B - LSA 6.      Learning Step / Activity ELO B - LSA 6. Perform Escape Rear Mount, Shrimp to Guard

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Escape the Mount, Shrimp to Guard.
2. Demonstrate the proper procedures and techniques in performing Escape the Mount, Shrimp to Guard.



## **ESCAPE THE MOUNT, SHRIMP TO THE GUARD**

While a Soldier attempts to escape the Mount with the Arm Trap and Roll, an enemy combatant may move his/her leg away or post it, making the Soldier unable to trap it. This movement, however, creates an opening under the same leg. This opening creates enough space for the Soldier to work towards a more favorable body position.

**Note: Soldiers conduct this technique on their back with the enemy combatant in the Mount.**

1. Soldier attempts the Arm Trap and Roll, the enemy combatant posts their foot on the same side and prevents the technique.
2. Soldier uses forearm on same side as the enemy's posted leg to prevent the enemy from resuming the Mount.
3. Soldier shrimps to clear his/her hips past the enemy's opposite side leg and turns onto his/her side to face the enemy's posted leg.
4. Soldier rotates onto opposite hip, circles the bottom foot out and around the enemy's posted leg, and hooks it behind the enemy's knee notch.
5. Soldier uses both hands to push away the enemy's hip and leg while s/he hooks their foot behind the enemy's other knee.
6. Soldier rotates body to face the enemy and wraps both legs around the enemy's back with a windshield wiper motion.
7. Soldier establishes the Guard position.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, questions and Soldier explanations.

Instructor should ask the students the following questions:

Question 1. What is the trigger for "Escape the Mount, Shrimp to Guard?"

ANSWER: The trigger for this technique is when the Soldier cannot complete the Arm Trap and Roll because the enemy combatant posts their foot on one side.

Question 2. Why does a Soldier have to do to prevent the enemy combatant from resuming the Mount after they post their leg?

ANSWER: A Soldier must block the enemy combatant's leg with their elbow or forearm to prevent the enemy combatant from resuming Mount.

Question 3. How far does the Soldier have to “shrimp” after s/he blocks the enemy’s knee with their forearm?

ANSWER: The Soldier has to shrimp far enough that his/her hips clear the enemy combatant’s opposite side leg.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO B - LSA 7. Learning Step / Activity ELO B - LSA 7. Perform Scissors Sweep

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Scissors Sweep.
2. Demonstrate the proper procedures and techniques in performing Scissors Sweep.

### **SCISSORS SWEEP**

A Soldier can use the Scissors Sweep when in the Guard to reverse positions with an enemy combatant and gain a more dominant body position (Mount).

**NOTE 1: Soldiers conduct this technique when an enemy combatant posts a leg in an attempt to stand up or pass the Guard.**

1. Soldier controls the enemy combatant's arms above the elbows with a thumb-grip.
2. When the enemy combatant posts a leg, Soldier opens his/her Guard and keeps knees tight on the enemy combatant's torso.

**NOTE 2: “Open the Guard” is to uncross the feet in the Guard.**

3. Soldier hangs their same-side calf on the enemy combatant's posted leg and posts their opposite shoulder to swing their hips toward the enemy's posted leg.
4. Soldier drives their knee across the enemy's waist and hooks the same-side waist with their foot.

**NOTE 3: The Soldier's knee should be lower than their foot on the enemy combatant's waist to ensure proper leverage for the technique.**

5. Soldier positions the opposite leg flat on the ground to trap the enemy's non-posted leg.
6. With the same side hand as the leg that is across the enemy's waist, Soldier releases the grip on the enemy combatant's elbow and reaches across their body to secure the enemy's collar (Fingers in collar, thumb outside) so that the Soldier's forearm is across the enemy's neck.

**NOTE 4: Soldier should maintain control of the enemy combatant's opposite arm for the entire duration of the technique.**

7. Soldier extends his/her body while pulling the enemy combatant forward by the collar to take him/her off their base and makes a scissoring motion with his/her legs to sweep the enemy.

**Note 5: If the enemy combatant attempts to prevent the sweep by posting the sweep-side arm, the Soldier will sweep the posted arm in the direction of the fingers ("Check the Time" or "Answer the Phone")**

8. Soldier achieves the Mount.

**NOTE 6: Instructors should reinforce "Cross-Body Mechanics" after every sweep or roll.**

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

**CHECK ON LEARNING (ELO B):**

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

**REVIEW SUMMARY(ELO B):**

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

### Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, questions and Soldier explanations.

### Review/ Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION V. STUDENT EVALUATION

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### **Testing Requirements**

Formal comprehensive evaluation will take place during the the lesson plan AB007 Evaluation of skills and knowledge.

At the end of this TLO, the students will spar for dominate body position. During this sparring session, instructors must evaluate their students on the following criteria:

1. Student remains calm under the duress of live training.
2. Student is able to employ the techniques taught during instruction against a fully resistant opponent.
3. Student understands the concept of leverage gained by a dominate body position.

### **Feedback Requirements**

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

## Appendix A - Viewgraph Masters

### Body Positions & Movements 071-FRGAB003 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

## **Appendix B - Assessment Statement and Assessment Plan**

**Assessment Statement: None.**

**Assessment Plan: None.**

## Appendix C - Practical Exercises and Solutions

**PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGAB003 Version 02.0 ©**

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## Appendix D - Student Handouts

### Body Positions & Movements 071-FRGAB003 / Version 02.0 ©

Sequence	Media Name	Media Type
None		